



# CHALLENGE YOURSELF!

## *Create A Healthy Base*

- ***Make sure to include:***
  - 3-7 vegetable servings, daily
    - 1 cup raw, leafy, ½ cup cooked, chopped or juice
  - 1-3 fruit servings, daily
    - 1 small to medium piece, 1 cup cubed, ½ cup chopped, avoid juices
  - 1-3 dairy servings, daily
    - 1 cup fat free or low fat milk or yogurt (traditional or soy, rice or almond milk/yogurt)
- ***At every meal include:***
  - Lean protein
    - 1 egg, 3-4 ounces chicken, fish, pork, beef, tofu, beans, 1 cup dairy, 1-2 ounces reduced calorie cheese
  - Whole grain/starch
    - 1 small sweet potato, ½-1 cup starchy vegetable or grain, ½-1 cup cereal, thinly sliced bread
  - Healthy fat
    - 1-2 teaspoons olive oil or canola oil, 1/8 avocado, 1-2 tablespoons nuts, 2 tablespoons flaxseeds, 3-4 ounces fatty fish
  - Vegetable and/or fruit
- ***Don't forget:***
  - Nuts/seeds/nut butter, often and sparingly
    - 1-2 tablespoons serving size
  - Beans/legumes, often
    - ½ cup serving size
  - Fish 3-4 times per week
    - Start with 3-4 ounces serving size
  - Red meat less than once per week

## TO CREATE HEALTHY HABITS

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## Simply Healthy Eating Examples

**Breakfast:** Poached egg on whole grain toast with an orange

**Snack:** Ak-Mak or Wasa whole grain crackers with thin spread of natural nut butter and apple slices

**Lunch:** Entrée salad with dark greens and vibrant chopped veggies, black beans, canned salmon and tossed with a small amount of either olive oil vinaigrette or canola oil based salad dressing

**Snack:** Low fat yogurt with defrosted frozen berries, ground flaxseeds and few walnuts

**Dinner:** Salad with a small amount of dressing, grilled chicken, sautéed spinach and a baked sweet potato

**Dessert:** Grilled nectarine

**Breakfast:** Whole grain cereal with low fat milk, dried fruit and a few nuts

**Snack:** Part skim mozzarella string cheese and an apple

**Lunch:** Grilled fish tacos with cabbage salad (not mayo based) and lots of salsa

**Snack:** Poached egg and tomato slices on whole grain crackers

**Dinner:** Durham wheat pasta primavera with spinach, tomatoes, bell peppers, broccoli, asparagus, etc and shrimp, tossed with balsamic vinegar and a small amount of olive oil with a side of sautéed zucchini.

**Dessert:** Small piece of dark chocolate and a cup of green tea

**Breakfast:** Scrambled egg whites with salsa and wrapped in a tortilla

**Snack:** Cherry tomatoes, bell pepper strips and carrots with hummus

**Lunch:** Turkey sandwich on whole grain bread with avocado and tomato slices and vegetable soup

**Snack:** Smoothie with soy milk, frozen blueberries and ground flaxseeds

**Dinner:** Stir-fry with pork tenderloin and shelled edamame and lots of broccoli, snap peas and bell peppers over brown rice

**Dessert:** Frozen berries with a dollop of whipped cream

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